



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

"Prepared, Not Scared" — FEMA

Caregiver Tip: Safety and Emergency Preparedness

Preparing for the unexpected is a good way to stay level headed in the event of an urgent situation. An individual with dementia will not know what to do or may not respond at all during an emergency. This issue gives tips on creating an emergency kit and keeping your loved one safe in an emergency.

Power outages happen year round. If the lights went out today are the flashlights nearby and working? Checking your supply and life of batteries regularly will help you be prepared if the lights go out.

If you must shelter at home enough shelf stable food, water and medications are necessary. The [National Institute on Aging](#) recommends at least 3-7 days of basic emergency supplies.

Changes in routine may increase agitation for a person diagnosed with dementia. [The Alzheimer's Association](#) advises that in an emergency situation, you remain calm and try to redirect your loved one. Moving to a quieter area and responding to your loved one's feelings by providing reassurance may also help.

For more information on safety and emergency preparedness read, [Emergency Kits 101: How to Be Prepared for Anything.](#)

Resources:

[How Depression and Anxiety Differ in the Elderly](#): Join this webinar to learn the symptoms and signs of depression and anxiety, and ways to improve outcomes. Hosted by Sunrise Senior Living, Wednesday, August 12, 2020, 11am.

[Disaster Planning Tool Kit](#): Tool kit made up of seven tip sheets and checklists to prepare for disasters.

Caregiver Support Group
Via Conference Call
Wednesday, August 5, 2020
4-5:30pm
Contact Jennifer Sarisky for
Call-in Information
703-746-6024
jennifer.sarisky@alexandriava.gov

For questions, comments or to remove your name from our mailing list, please email
DAAS@alexandriava.gov or call 703.746.5999.



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